

Tobacco Use

Tobacco use is the single most preventable cause of death and disease, causing more than 440,000 premature deaths annually in the United States and nearly 25,000 deaths in New York State, according to the U.S. Centers for Disease Control and Prevention (CDC.) Smoking can cause chronic lung disease, coronary heart disease, and stroke, as well as cancer of the lungs, larynx, esophagus, mouth, and bladder. In addition, smoking contributes to cancer of the cervix, pancreas, and kidneys.

Secondhand smoke, a known human carcinogen, is associated with an increased risk for lung cancer and coronary heart disease in nonsmoking adults. The CDC reports that exposure to secondhand smoke results in an estimated 3,000 lung cancer deaths and 35,000 coronary heart disease deaths annually among adult nonsmokers in the U.S.

The public financial burden of smoking is staggering. The CDC calculates that direct medical expenditures attributed to smoking total more than \$75 billion per year nationwide. In addition, smoking costs an estimated \$80 billion per year in lost productivity. According to the New York State Department of Health, direct medical expenses and lost productivity costs amount to \$9.82 per pack of cigarettes sold in the state, a total of \$11.7 billion in 1998. A significant portion of these costs comes directly out of local budgets in the form of payments to Medicaid.

Data Analysis

One-in-five Tompkins County adults uses tobacco. Of these, 90 percent smoke cigarettes. Those who do not smoke cigarettes use spit tobacco, cigars or other tobacco products. (*See Figure 192 and Figure 193, page 201.*) These data come from a survey of Tompkins County residents conducted in June 2004 for the Tobacco Control Program of Tompkins County (now called Tobacco Free Tompkins.)

Overall tobacco use

Pct residents age 18+ yrs
who use tobacco at least
some days, 2004

Cayuga.....	25.6
Cortland.....	27.5
Madison.....	22.0
Onondaga	20.0
Oswego	23.9
Tompkins.....	19.8

The survey conducted in Tompkins County was one of six contracted by Central New York (CNY) counties in the spring of 2004. All surveys were funded by community coalition grants from the New York State Department of Health (NYSDOH) Tobacco Control Program (TCP) in the respective county. The Tompkins County Health Department (TCHD) has the TCP grant in Tompkins County.

Among the participating counties — Cayuga, Cortland, Madison, Onondaga, Oswego and Tompkins — Tompkins County both had the next-to-lowest rate of cigarette use and tied for the highest rate of cigar use among adult residents. (*See Figure 194, page 202.*) An individual is identified as a smoker if they (1) have smoked at least 100 cigarettes in their lifetime, and (2) currently smoke every day or some days.

Youth Tobacco Survey

The Tompkins County Youth Services Department (TCYS) is conducting a survey of students in grades 6–12 in April 2005. The survey will provide valuable, up-to-date data on youth tobacco use in the

County.

Statewide data on youth tobacco use is available from the NYS-DOH biennial Youth Tobacco Survey (YTS.) The most recent survey, conducted in 2002 among youth grades 6–12, shows some reductions in tobacco use among both middle and high school students.

For the state excluding New York City (NYC), significant differences from the 2000 survey were seen among high school students for both ever use of cigarettes — from 63.5 percent to 57.3 percent — and current use of cigarettes — from 32.9 percent to 22.6 percent.

Currently, among New York’s middle school students outside of NYC 29.0 percent report ever using cigarettes and 7.0 percent report they currently use cigarettes. In NYC the figures are more favorable, at 26.1 percent and 5.1 percent, respectively according to the 2002 survey.

The full report of the YTS is available on the NYSDOH web site, <http://www.health.state.ny.us/>.

Tobacco use by age, gender, and education

Returning to Tompkins County adults age 18+, the highest rate of tobacco use is among men age 25–34 years: 44 percent. Among women, those age 55–64 are most likely to be tobacco users, though the 3-point difference between this group and women age 25–34 may not be significant. (*See Figure 195, page 202.*)

Tobacco use by educational attainment

- Tompkins County adults age 18+, 2004
- Less than high school 14%
- High school grad... 26%
- Less than 4 yrs college 28%
- 4+ yrs college 11%

One of the more interesting bits of information to emerge from the 2004 TCP survey of Tompkins County adults is the differences in tobacco use by educational attainment.

As can be seen in *Figure 196, page 203*, those who have some college — though less than 4 years — are twice as likely to be tobacco users than those who did not receive their high school diploma. High school grads with no college are nearly as likely to be users as those in the some-college group. Those with 4 or more years of college are the least likely to use tobacco.

College student smoking

Gannett Health Services at Cornell University has studied smoking habits among its student population and found that self-description and actual behavior do not always coincide. For example, while 5 percent of students report smoking more than 6 cigarettes a week, only 4 percent describe themselves as smokers. More dramatic, 19 percent of students report smoking between 1 and 6 cigarettes a week, yet only 9 percent describe themselves as an “occasional smoker.” Eighty-four percent describe themselves as non-smokers, yet only 76 percent report smoking no cigarettes per week. (*See Figure 197, page 203.*)

Local TCP programs

The NYSDOH TCP began a new round of 5-year grants in August 2004. In Tompkins County, Cornell Cooperative Extension of Tompkins County is the funded Youth Partner and coordinates the teen-based

Reality Check program. TCHD coordinates the Community Partner (coalition) program under subcontract to the Cortland County Health Department.

Both the Community and Youth Partner programs develop their workplans around the TCP's Draft Strategic Plan for Tobacco Control. The most recent version is dated January 2005. The six goals of the Strategic Plan are:

- Eliminate exposure to secondhand smoke.
- Decrease the social acceptability of tobacco use.
- Promote cessation from tobacco use.
- Prevent the initiation of tobacco use among youth and young adults.
- Build and maintain an effective tobacco control infrastructure.
- Contribute to the science of tobacco control.

According to the June 2004 survey neither Reality Check nor the community coalition are well recognized in Tompkins County (*see Figure 198, page 204.*) Broadening local awareness of their organizations is an important part of the local TCP activities.

Another major activity planned by the community partner program is promoting use of the NYS Smokers' Quitline, a free resource that two-thirds of Tompkins County adults are not familiar with. (*See Figure 199, page 204.*) Use of Quitlines as a cessation tool has been shown to be effective and is recommended based on strong evidence by The Task Force on Community Preventive Services (www.thecommunityguide.org/tobacco/.)

Clean Indoor Air Act

Percent adults age 18+ who favor or strongly favor the CIAA, 2004.

Cayuga.....	55.4
Cortland.....	59.5
Madison.....	60.9
Onondaga	62.5
Oswego	59.6
Tompkins.....	71.6

The Expanded Clean Indoor Air Act (CIAA) that bans smoking in almost every workplace in NYS effective July 24, 2003, has been well received by Tompkins County adults by comparison with other CNY communities. While the proportion of those favoring or strongly favoring the Act nears three-quarters in Tompkins, within the other five counties that participated in the 2004 community surveys, favorable impressions fall short of the two-thirds mark. (*See Figure 200, page 205.*)

Just as the CIAA was nearing its July 2003 effective date, a Tompkins County Legislator introduced a local law that included the same provisions for smoke free worksites as the state law. Given the possibility that the state law might be weakened in future state Legislative sessions, this was done to insure that Tompkins County worksites would remain smoke free. Local Law No. 3 of 2003 was passed by the county Legislature in August of 2003.

Sales to minors

Tompkins County bars installation of cigarette vending machines

in any location except bars, and requires that access to all retail tobacco products be restricted to a locked cabinet or to employee-only areas. Compliance with the provisions of the Adolescent Tobacco Use Prevention Act (ATUPA) that bans sale of any tobacco products to minors age 17 and under is checked annually by the TCHD Environmental Health (EH) division. ATUPA violations have declined in recent years, a tribute to the county's strict enforcement policies.

EH also monitors compliance with the CIAA and LL No. 3.

Community Resources

The NYSDOH-TCP funded partners — the Youth Partner program Reality Check and the Community Partner coalition, Tobacco Free Tompkins — are working within the community to increase awareness of the health risks of tobacco both to smokers and nonsmokers, especially those living with a smoker. Key demographic targets are preventing initiation of tobacco use by youth and cessation among the population groups shown by the 2004 survey to be most at risk.

Mothers and Babies Perinatal Network of the Southern Tier has an active program targeting smoking among pregnant women and new mothers. The Tompkins County WIC program also addresses smoking with those enrolled in their program.

Tompkins County is also in the catchment area for the state TCP's south-central area Cessation Center. United Health Services in Broome County coordinates the Cessation Center, which focuses on training health care providers to directly address tobacco use and cessation with their patients.

Figures and Tables

Figure 192 — Tobacco use, Tompkins County adults

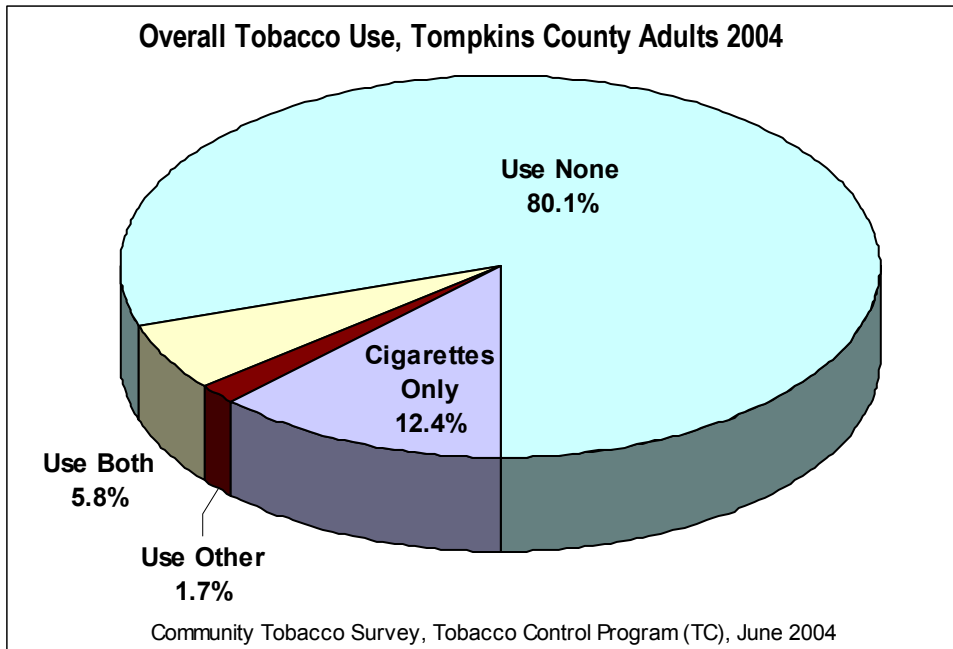


Figure 193 — Cigarette use, Tompkins County adults

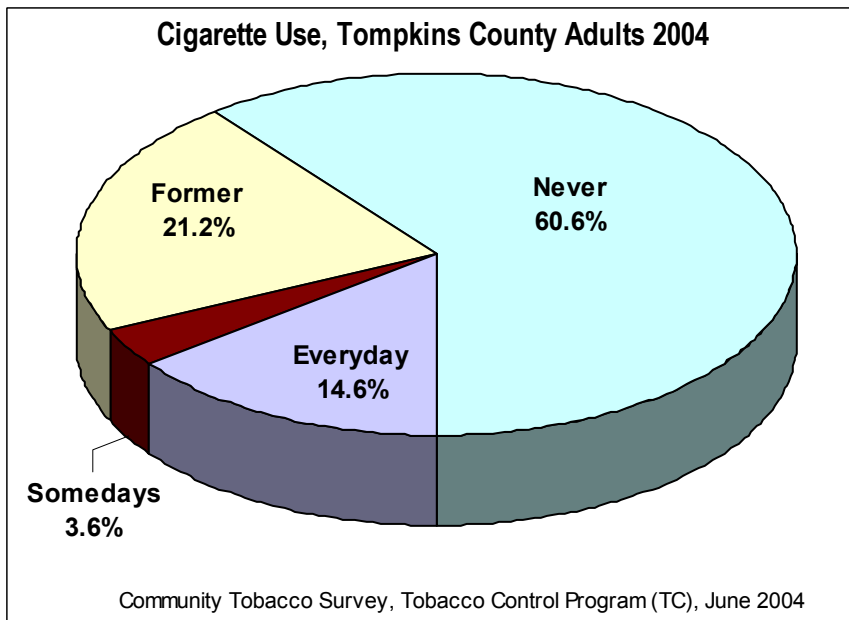


Figure 194 — Tobacco use, adults, regional comparison

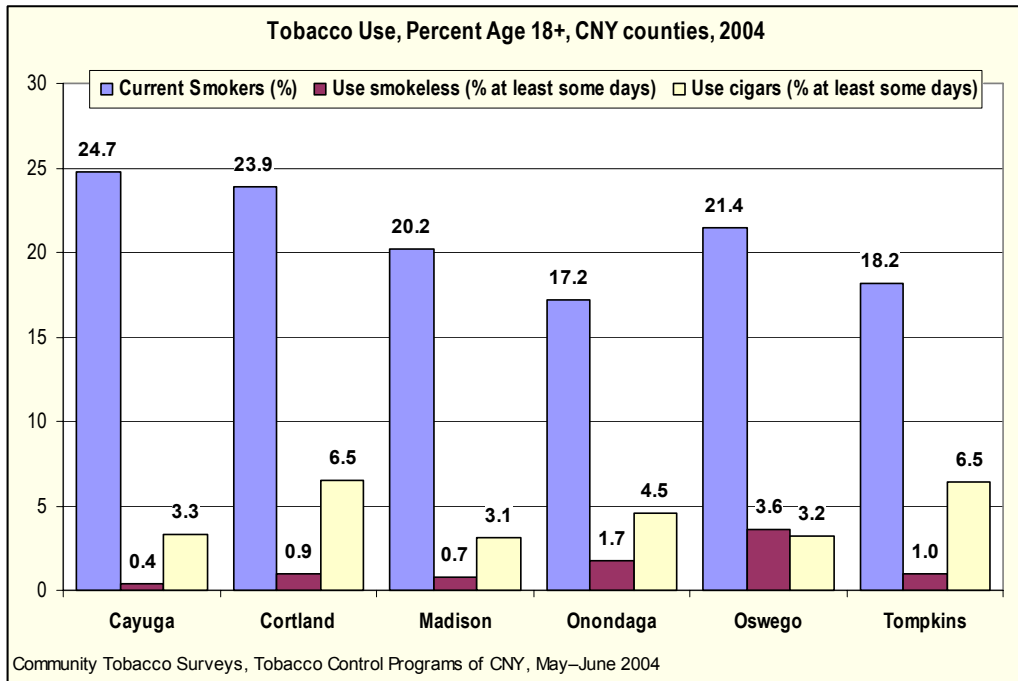


Figure 195 — Tobacco use, Tompkins County adults, by age and gender

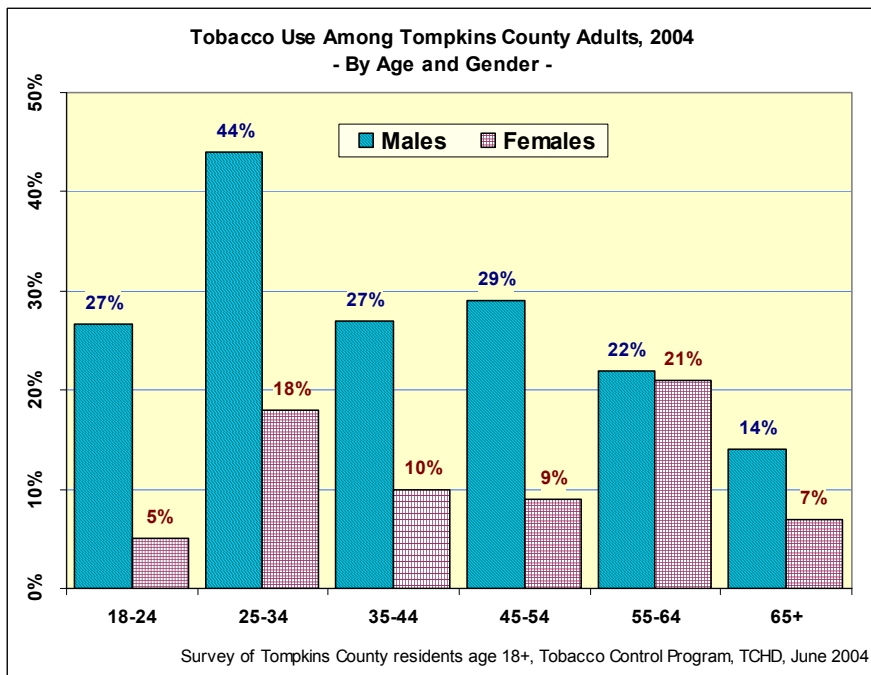


Figure 196 — Tobacco use, Tompkins County adults, by educational attainment

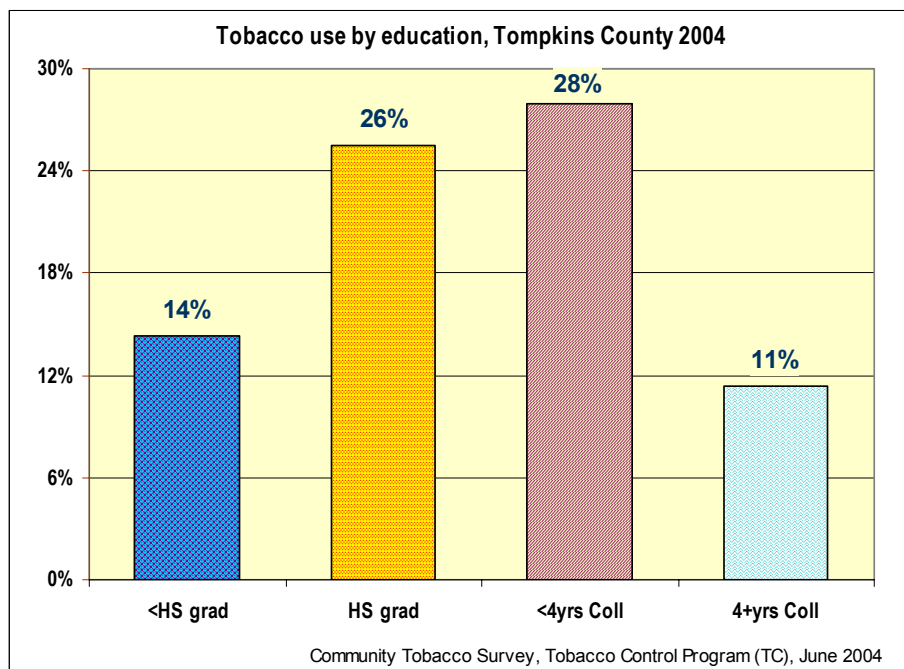


Figure 197 — Tobacco use, Cornell University students

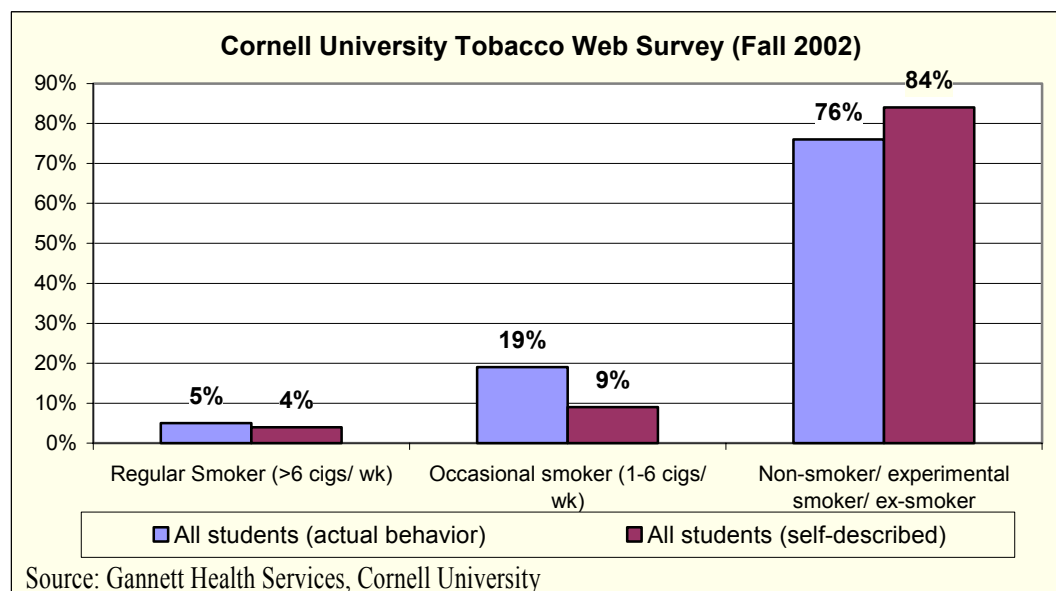


Figure 198 — Awareness of Tompkins County based tobacco control programs

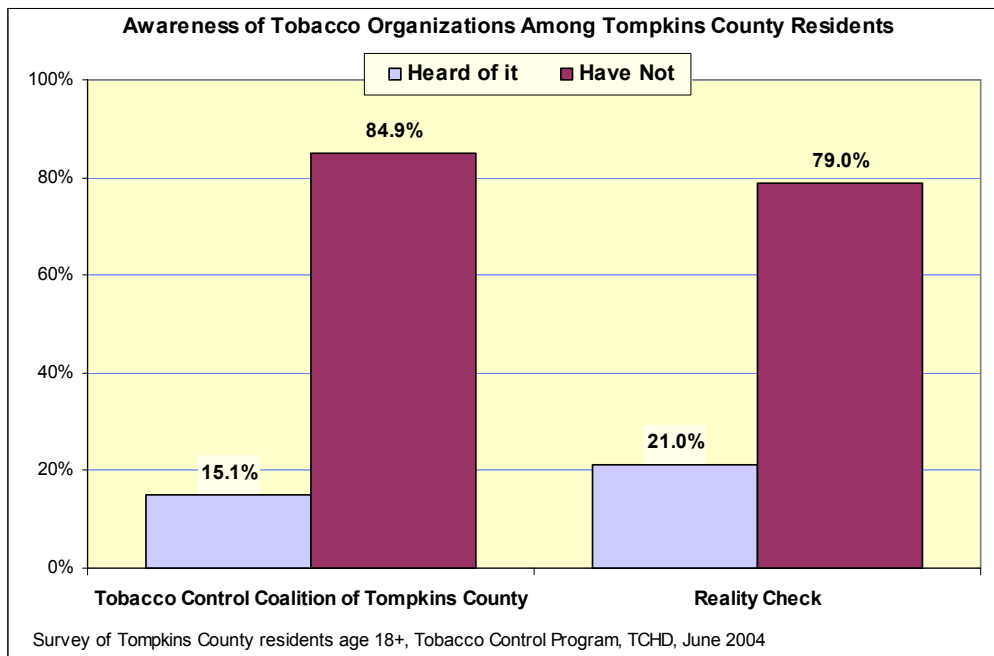


Figure 199 — Awareness among Tompkins County adults of the NYS Smokers' Quitline

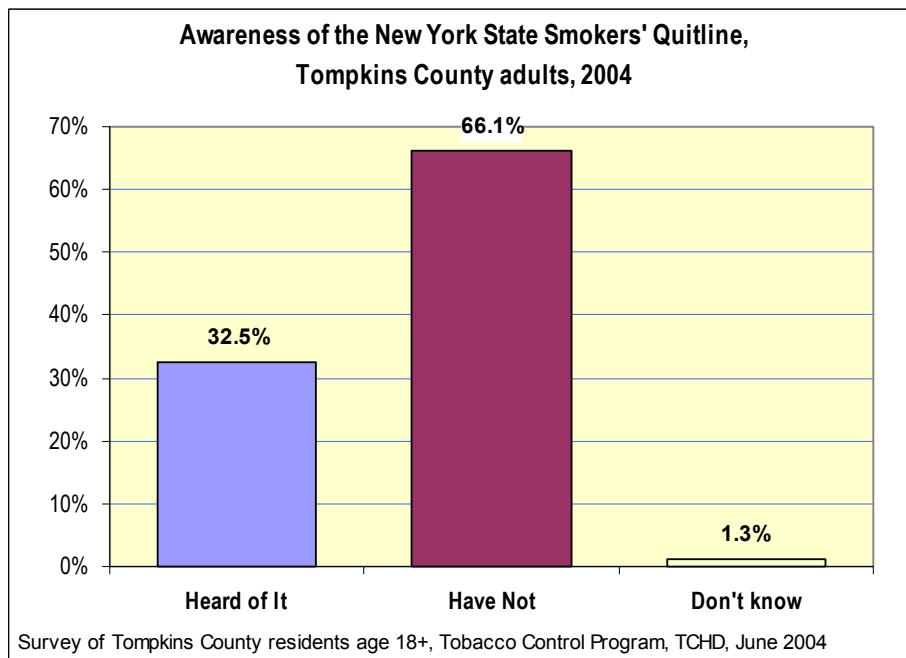


Figure 200 — Attitudes toward the NYS Clean Indoor Air Act, regional comparison

